Malaysian Recipes

Malaysian Recipes

AcharTimun

Ingredients

3 big Cucumber
2 Carrots (to cut 1-1/2cm in length)
2 Red Chillies (slit in the middle)
2 Green Chillies (slit in the middle)
10 Shallots to cut
10 cloves Garlic into two
1 tbsp Tomato Sauce
5 dried Chillies
2 clove Garlic
1 cm Ginger 4 Shallots
1" pc Cinnamon
3 clove Garlic sliced
3 Cardamom
3 Shallots sliced
3 Cloves
300 ml Vinegar
Sugar and Salt to taste
Oil
1 tsp Sesame seeds (fry slightly)

Method

Put oil in a wok or pan, saute ingredients (C). Once aroma rise, add in the grinded ingredients (B). Stir for 2 minutes and add in the vegetables -- carrots , cucumber -- and ingredients (A).

Stir for 1 minute , add in vinegar, sugar and salt and leave it to simmer in low flame. Once the gravy becomes thick the dish is ready. Add in the sesame seeds and stir.

This dish is best left overnight in the fridge before serving. Or use the deseeded pods, by stripping off the thin inner skin, the sides, side threads, and tips.

Chop into halve if the pods are too large. Wash and drain before using.Heat some oil in a deep pan. Fry your Samosas to light golden brown and serve hot with Mint Chutney or any other Chutney.

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Malaysian Recipes

NyonyaCakes

Ingredients

340 gm wet rice flour or rice flour
225 gm sago flour
1/4 tsp salt
855 ml (11/2 coconut) coconut milk
ingredients b:
425 ml water
450 gm sugar
8 screwpine leaves (if unable to obtain screwpine leaves, use vanilla essence 1 tsp)
red food colouring

Method

Mix A till smooth. Set aside. Boil ingredients B till sugar dissolves.

Leave the syrup to thicken a bit then strain. Pour the hot boiled syrup gradually into the flour mixture, stirring all the time till it is well blended.

Divide flour mixture into two portions. Set aside one portion (uncoloured) and add red colouring in another portion.

Grease a round or square tin. Place it in a steamer and pour 140 ml of uncoloured batter in the tin.

Steam each layer for six or eight minutes. Pour alternatively the red and uncoloured batter and steam till mixture is used up.

Note:

Stir the mixture each time before pouring into the tin. Test each layer is cooked before making the next layer. You can use your fingertips to check if the layer is cooked. It can take more then the required 8 minutes. It is required to leave the cake to cool down completely before cutting and serving.

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Oats Vegetable Puffs

Ingredients

2 tbsp white quaker oats (or any other brand)
5 french beans - shredded
1/2 carrot - grated
2 potato (boiled and mashed)
2 tbsp cooked rice
1 beaten egg
2 tbsp cornflour
2 sprig spring onions(chopped)
1 large onion-chopped
1 red chilli - chopped
salt to taste

For Coating:

1/2 cup bread crumbs

Method

Together and form into mini balls. Flatten it in your palm like making masala vadai. Coat it with bread crumbs and fry in hot oil in low fire.

Note:

Stir the mixture each time before pouring into the tin. Test each layer is cooked before making the next layer.

You can use your fingertips to check if the layer is cooked. It can take more then the required 8 minutes. It is required to leave the cake to cool down completely before cutting and serving.

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Malaysian Recipes

WajikPulut

Ingredients

500gm glutinuous rice (soaked overnight)
750ml coconut milk (from 1/2 or 1 coconut)
1 tsp lime paste (air kapur)
2 screwpine leaves
a pinch of salt
ingredients (b):
350gm brown sugar/gula melaka/gula merah
150ml water

Method

Wash glutinuous rice and soak overnight with 1 tsp lime paste water.

Then toast and steam with coconut milk, knotted screwpine leaves and salt for 30 minutes or until the milk evaporates.

Once cooked take a fork and turn anti-clock wise and loosen the rice. Leave it to cool.

Meanwhile, mix brown sugar and water and cook in a pan.

For those who are using gula merah sieve it first.

Leave the sugar syrup to boil at least 5 minutes

Lower the flame and mix in the glutinuous rice and mix it thoroughly.

Stir constantly for 3 minutes and close the flame.

Pour it into a cake pan and leave it to cool before serving.

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Malaysian Recipes

ChineseStyleNoodle

Ingredients

150 gm egg noodle

150 gm boneless chicken meat

1/2 a fish cake (sliced thinly)(optional)

5 fish balls(halved)

100 gm prawns(with or without shells)

2 cloves garlic(minced)

Seasoning:

1 tbsp oyster sauce

1 tbsp light soya sauce

2-3 tbsp thick soya sauce

1 cup chicken stock or plain water, salt, sugar

1 tsp cornflour (mix with 3 tbsp water)

Method

Heat 3 tbsp oil .Stir fry garlic until light brown.

Add in chicken meat, prawns ,fish cake and fish balls

Stir fry until meat cooks.

Add noodles and all the seasoning except the cornflour mixture.

Bring to boil and simmer for 3 minutes.

Thicken the noodle gravy by adding cornflour mixture

Stir one or two time and close the fire.

Dish out. Serve hot.

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Malaysian Recipes

EggplantwithPrawns

Ingredients

2-3 eggplant (cut into 4cm long and halve it)
8 fresh prawns (leave the tail intact)
2 cm shrimp paste (belacan)
2 clove garlic (chopped)
1 large onion (chopped)
2 tsp chilli paste/ chilli boh
1 cm fresh turmeric (pounded)/kunyit basah
salt and sugar to taste

Method

Heat the wok, put in the shrimp paste and roast it.

Break it into bits.

Roast until fragrant. Then add in 6 tbsp oil.

Stir fry the garlic and onions.

Add in the prawns, pounded turmeric, and chilli paste.

Add oil if paste is dry.

Finally add in the egg plant and stir fry until cook in all sided.

Season with salt and sugar and sprinkle a bit of water

Cook until done. Use low flame for this dish.

Note:

Can use turmeric powder instead for fresh turmeric.

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Malaysian Recipes

SteamedPomfretinSauce

Ingredients

1 large pomfret (clean, cut slants and across)

Pounded ingredients:

1 lemon grass
4 kaffir lime leaves
2 nips garlic
1" ginger

sauce ingredients/combine in a bowl

4 tbsp black soya sauce
2 tbsp light soya sauce
a few drops sesame oil
1 1/2 tsp sugar
salt to taste
1-1/2 tsp corn flour
1/2 cup water

Method

Mix the pounded ingredients with the sauces.

Pour on top of the fish.

Steam in a rapid boiling water for 20-25 min (depends on the size of the fish)

Garnish with chopped spring onions and sliced red chillies.

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Malaysian Recipes

MalayStir-fryNoodle

Ingredients

150 gm noodle
1/2 cup boneless chicken meat
some prawns and fish balls
1 egg(beaten)
1/2 cup beansprouts
150 gm mustard greens-cut into 2-1/2 cm
2 clove garlic-chopped
3 shallots - sliced thinly
1-2 tbsp chilli paste

Seasoning:

1 tbsp chilli sauce
1/2 tbsp tomato sauce
2 tbsp thick soya sauce
salt and sugar

Garnishing:

shredded cucumber
chopped spring onions
shallots crisps

Method

Heat wok with 3-4 tbsp oil until hot and fry garlic until light brown. Add shallots and chilli paste and fry further.

Mix in chicken meat, prawns and fish balls and stir fry. Add in the noodle and all the sauces.

Add seasoning and sprinkle with a little water .Mix in all the fried ingredients together. Spread all the ingredients around the wok

Create an empty space in the center .Add in the beaten egg into it and a bit more oil. Cover the egg with the ingredients and stir-fry evenly.

Finally add in mustard leaves and beansprouts .Stir another 3-4 minutes. Remove the dish to a plate and garnish it.

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Malaysian Recipes

ChickenSerunding

Ingredients

To pound into a paste:

8 dried chillies (soak in water)
8 shallots
4 nips garlic
1 cm ginger
1 cm galangal (lengkuas)
2 lemon grass
1 tbsp coriander seeds
1 tbsp cummin seeds
1 tbsp fennel seeds

1 chicken
(clean and cut into 4 large pieces)
500 ml thick coconut milk
2 turmeric leaves (shredded)
1 tbsp brown sugar
salt to taste

Method

Boil the chicken until cooked.

Shred the chicken into pieces with your fingers. Keep aside.

Heat a wok, combine coconut milk and the pounded ingredients and leave it to simmer gently.

Once oil surface from the gravy, add in shredded chicken, sugar, and salt.

Stir and cook until dish is really dried.

Add in turmeric leaves and dish out.

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Malaysian Recipes

LemakSayurNyonya

Ingredients

1/2 cup prawns
4-5 squids (cut into rings)
2 lemon grass (crushed)
800 ml coconut milk (semi thickness)
1 tsp salt or more

Vegetables:

1 cup cauliflower
1/2 carrot (cut into semi circle)
5 long beans (cut into 2 cm)
5-6 ladies finger/okra (cut into 2cm)
1 eggplant (halve and cut into 2cm)

To be made into a paste/grind:

7 dried chillies (soak in water)
1 fresh red chilli
6-7 large shallots
2 nips garlic
1-1/2 inch ginger
1-1/2 inch fresh turmeric (kunyit basah)
1 turmeric leaf (cut into small pieces)

Method

Heat enough oil in wok, stir fry the paste until fragrant, a Add in lemon grass, prawns and squids.

Cook until prawns turn pink. Add in the vegetables with 1 cup of water. Simmer gently. Add in 650 ml of coconut milk and stir.

Simmer gently until vegetables cook and gravy thickens. Finally add in the balance 150 ml coconut milk. Once one or two bubbles appear close fire. Dish out.

Note:

The important ingredients for the dish is the fresh turmeric and the turmeric leaf.

Do not omit it then the dish would not have its original flavour.

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Malaysian Recipes

ChickenRice

Ingredients

1 big chicken (clean and cut into 12 pcs)
600 gm long grain rice (wash and drain)
960 ml chicken stock
3 nips garlic (chopped finely)
1/2 chicken cube (optional)
2 screwpine leaves (knotted)(optional)
2 tbsp chicken lard/oil
1 tbsp margerine
1/4 tsp salt

Method

Take a bit of chicken fat and extract oil. (add the fat in a wok and leave it in the fire. The oil will come out by itself) .Throw the fat away and leave the oil in the wok. Add in the margerine and fry the chopped garlic until fragrant. Add in the drained rice and combine the rice with the garlic for 1 -2 minutes. Close fire. Transfer the rice to a rice cooker. Add in the chicken stock, screwpine leaves, crumble the chicken cube and salt.

Cook until rice is done. Stir with a fork. (Note: For those who do not want to use the lard, substitute with margerine)

Method For the Chicken:

Boil the chicken with water to get the chicken stock. Dish out the chicken in a bowl. Sieve the chicken stock before using.

Marinate the chicken with 4 tbsp honey, 2 tbsp thick soya sauce, 2 tbsp light soya sauce, Add a few drops of sesame oil, 1/4 tsp salt and 1-1/2 tsp sugar.

Deep fry the chicken in oil or roast it in the oven (220o C for 15-20 min) (Since the chicken is already cooked fry it for 5 min only)

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Malaysian Recipes

Rotijala

Ingredients

2 cups plain flour

1/2 tsp salt

2 eggs beaten

2-1/2 cups coconut milk (1/2 coconut)

Method

Sift flour into bowl and add salt.

Stir in beaten eggs and coconut milk and beat smooth. Use a whisk.

Strain batter.

Grease and heat a medium non-stick pan on low heat.

Put a ladleful of batter in roti jala mould and in a circular motion move over a pan so that the pancake will have a lacy pattern.

Cook until set turn over onto a dish.

There is no need to turn the pancake.

Use your finger tip to ensure the top layer is cooked.

Continue greasing the pan every now and then until batter finishes.

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Malaysian Recipes

TurmericChickenCurry

Ingredients

1 chicken (cut into 16 pcs)
2 potatoes (cut into cubes)
3 tomatoes (chopped)
4 stalks lemon grass (bruised)
1 stalk curry leave
1 large onion (chopped)
4 cups coconut milk (semi thickness)
1 cinnamon stick
3 cloves
3 cardamoms
1 star anise

To grind into a paste:

4 large bombay onions
4 cloves garlic
3 cm ginger
2 cm fresh turmeric/kunyit basah
7 fresh red chillies or more
1/2 tsp cumin seeds (optional)
3 tbsp chicken curry powder

Method

Saute cinnamon stick, cloves, cardamoms and star anise. Add in chopped onions and stir fry. Once fragrant add in the pounded ingredients and stir fry again.

Add in the tomatoes and fry further for 1 minute. Mix in chicken, potatoes, lemon grass and 2 cups of water.

Season with salt. Leave the curry to simmer gently. After 20 minutes add in the coconut milk and simmer further. Add in the curry leaves finally and dish out.

Note:

Do not use turmeric powder then the taste varies.

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Malaysian Recipes

Seafood Fried Rice

Ingredients

2 bowls cooked cold rice
100g prawns, shelled
100g chicken pieces
3 pips garlic, pounded
3 red chillies, chopped
50g green peas, corns and diced carrots
1 egg beaten
4 tbsp oil

Seasoning:

2 tbsp thin soy sauce
1/2 tsp chinese cooking wine(optional)
some chopped spring onions for garnishing

Method

Heat oil and saute the garlic. Add prawns and chicken and stir fry until cooked.

Add red chillies, rice, green peas, Stir fry until well mixed and hot

Add in the seasoning, then the beaten egg and continue to fry until rice is dry.

Add salt and pepper. Dish on to plate and garnish with spring onions.

Note:

U can use a bit of ginger and shallots if preferred.

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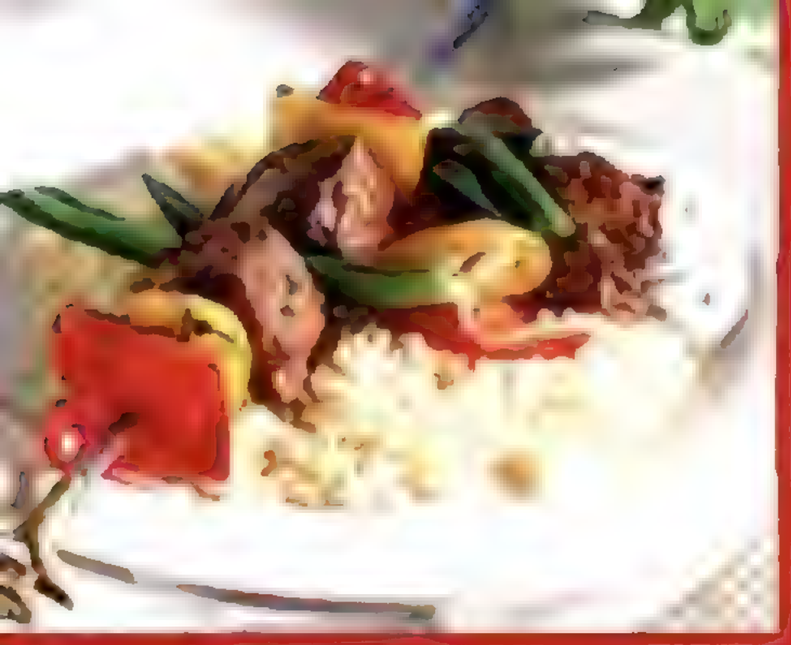

Malaysian Recipes

Grilled Fish in Banana Leaves

Ingredients

500g indian mackerel/spanish mackerel
some banana leaves (20cmx 30cm) and stapler
sambal, to serve with fish
10 fresh red chillies
2-1/2 cm toasted shrimp paste/belacan
1 tbsp lime juice
salt to taste
60g shallots, chopped
60g garlic, chopped
2 tbsp curry powder
2 tbsp chilli powder
1 tsp turmeric powder/saffron powder
6 tbsp thick coconut milk
1-1/2 tsp salt

Method

Mix fish with ingredients a and season for at least 1 hour in fridge. Wrap each fish individually with a piece of banana leaf (by rolling up)

Staple both ends. Grill fish in a preheated oven at 220oC for 15 min. Turn over and grill for another 10 min.

Serve hot with the prepared sambal. For the sambal,pound red chillies and shrimp paste until smooth .Add in the lime juice/limau kasturi juice.

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Malaysian Recipes

Pandan Chicken

Ingredients

200g chicken pieces
1/2 cup grated coconut
3 red chillies
8 shallots
2 lemon grass
1 tbsp oyster sauce
1 tbsp plum sauce or honey
1 egg
60g corn flour
60ml light soy sauce
salt and sugar to taste
3 tbsp yogurt
pandan leaves
cooking oil for deep frying

Method

Dice the chicken into required size.

Coarsely pound the red chillies, shallots and lemon grass.

Mix in grated coconut (the white part only), yogurt, oyster sauce, beaten egg, corn flour, salt, sugar to taste.

Marinate for 2 hours.

Wrap one chicken piece at a time in pandan leaves

Deep fry chicken until cooked

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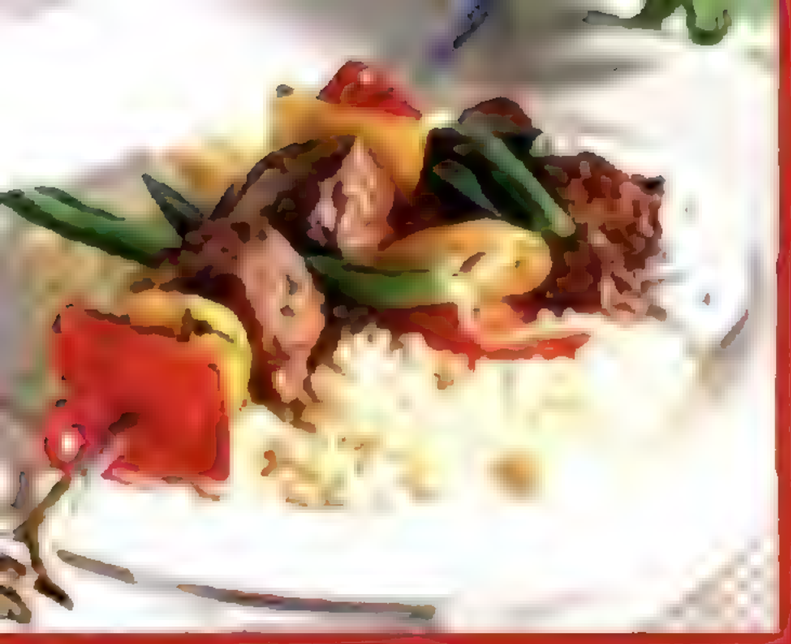

Malaysian Recipes

Spicy Assam Fish Curry

Ingredients

750g fish spanish mackerel
10 lady's finger
1 brinjal, cut into 4
3 tomatoes, cut into 4
1 coconut ,
1 ginger flower (bunga kantan)
2 pcs kaffir lime leaves
5 tbsp oil

Ground Spices:

15 shallots
12 pips garlic
10 dried chillies
5 fresh red chillies
1cm galangal(lengkuas)
2 lemon grass(serai)
2cm fresh turmeric(kunyit basah)
21/2 cm toasted shrimp paste(belacan)
2 tbsp fish curry powder

Seasoning:

4 tbsp thick tamarind juice
1 tbsp sugar
salt to taste
2-3 tbsp lime juice (add lastly)

Method

Heat oil ,saute ground spices until fragrant, Slowly add in thick coconut milk while frying to get nice colour.

Pour in the thin coconut milk and bring to boil. Add ginger flower,kaffir leaves, and lower fire. Simmer until fragrant.

Add all the vegetables,use medium heat. Half way thru, add in the fish pieces, and simmer Add seasoning and mix well.

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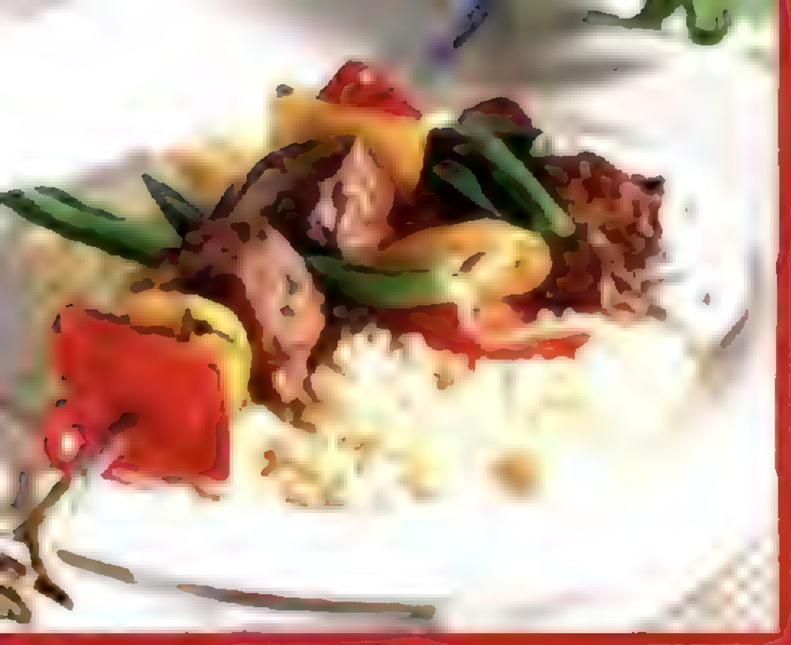

Malaysian Recipes

StuffedCuttlefish/Squids Sambal

Ingredients

600g cuttlefish
200g prawns
2 fresh red chillies, chopped
1 stalk spring onions, chopped
4 tbsp oil
2 tsp corn flour
1/2 cup water

Ground spices:

10 shallots
4 pips garlic
2cm shrimp paste (toasted) belacan
2-3 tbsp chilli paste
3 tbsp tamarind juice
salt and sugar to taste

Method

Clean cuttlefish,remove head and intestines and keep it whole.wash and dry. Cut away the tip (so that the air can escape)

Coat the inside with a little cornflour(so that the filling will stick) .Mix prawn paste,red chillies and spring onions together until well combined.

Stuff each cuttlefish with the prawn paste.Can use a toothpick to seal the edges. You can steam the cuttlefish or deep fry the cuttlefish until cook.

Heat up the oil, saute the grounded spices until fragrant. Add tamarind juice,water,salt and sugar.

Add the cuttlefish and cook until gravy thickens.

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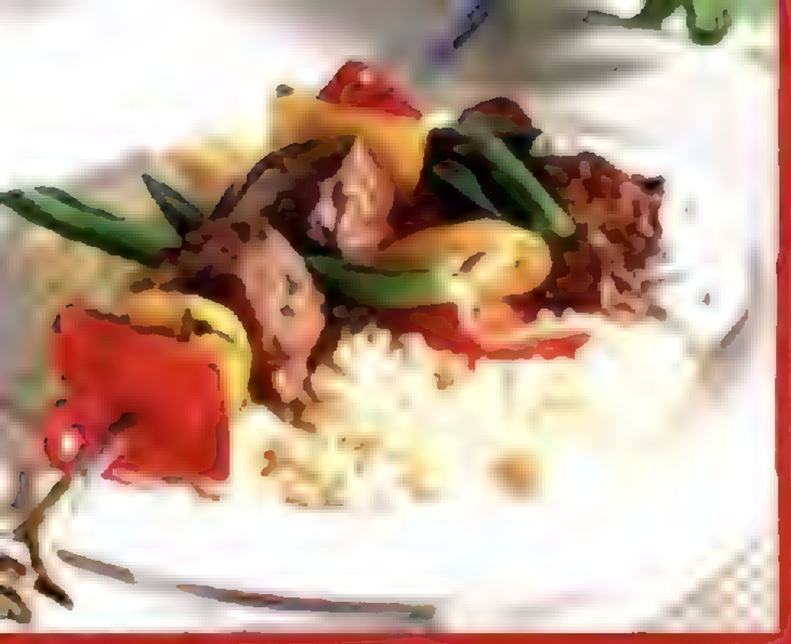

Malaysian Recipes

Spicy Asparagus with Prawns

Ingredients

400g asparagus, cut into 4cm lengths
200g prawns - remove shell but keep tail, slit back
5 tbsp oil

Grounded ingredients:

10 shallots
5 pips garlic
6 red chillies
3 tbsp dried prawns, soaked
11/2 cm toasted shrimp paste(belacan)

Method

Heat oil in wok,saute ground spices until fragrant

Add prawns and fry until the colour changes to pink

Add asparagus,mix well,sprinkle 2-3 tbsp water onto mixture and cover wok.

Cook for 1 min.

Add salt and sugar,mix well and taste

Serve hot with rice

Note :

Can substitute asparagus with french beans,sweet potato leaves or broccoli

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Malaysian Recipes

ChineseStyleSteamedPrawns

Ingredients

600g prawns(clean with the shell)
1/2 tsp salt
1 tsp sesame oil
1/4 tsp pepper
50g shredded young ginger
4 tbsp chicken stock
1 egg white (lightly beaten)
1 tbsp chinese cooking wine(optional)

Chilli sauce Ingredients:

4 red chillies pounded
4 pips garlic, pounded
1" young ginger, pounded
1/4 tsp salt to taste
1 tsp sugar
1/2 tsp sesame oil
1 tbsp lime juice

Method

Mix ingredients A and marinate for 10 min.

Steam over high heat for about 8-10 minute (depending on the size of prawns)

Pour wine and egg white over the prawns and steam for another 1 min.

Serve hot with chilli sauce

For the sauce, combine all the sauce ingredients and leave to marinate for 1 hour before serving .

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Malaysian Recipes

FriedPrawnsinShell

Ingredients

600g medium size prawns,
trimmed, washed and drained
5 cups oil for deep frying

Garnishing:

some chopped spring onions
chopped red chillies
4 shallots, chopped
4 garlic, chopped
1 tsp chopped ginger

Sauces:

2 tbsp tomato sauce
1/2 tsp sesame oil
1/2 tsp pepper
1 tsp sugar
1 tbsp thick soy sauce
1 tbsp lea & perrins sauce
1/2 chicken cube (crumble)
1/2 cup water
1 tsp chinese cooking wine (optional)

Method

Heat oil until very hot, deep fry prawns for about 1 min.

Dish and drain.

Leave 2 tbsp oil in wok, saute ingredients A until fragrant, add prawns,

Stir to mix and pour the sauces

Stir and cook until the gravy is thick and the prawns have absorbed all the seasoning.

Dish onto the serving plate.

Garnish with spring onion and red chillies.

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Malaysian Recipes

FriedPrawnsinShell

Ingredients

1kg crabs, washed , cleaned and cut into pcs
5 tbsp cornflour
5 cups oil for deep-frying
1 egg beaten
3 tbsp ground chillies
1tbsp chopped ginger
2tbsp chopped garlic and shallots
2 tbsp tomato paste
2 cups water
1 tbsp lea & perrin sauce
2 tbsp sugar
1 tsp sesame oil
1 chicken cube(crumble)
salt to taste

Method

Heat oil until very hot,sprinkle corn-flour onto crab pieces and shake well.

Deep fry crabs for 1 min ,dish out and drain.

Leave 4 tbsp oil in wok, saute ingredients A until fragrant, add crabs and ingredients B and mix well.

Cover and cook for 3 min until crabs are cooked.

Lower fire and mix in the egg. Taste and dish onto serving plate.

Serve hot with rice.

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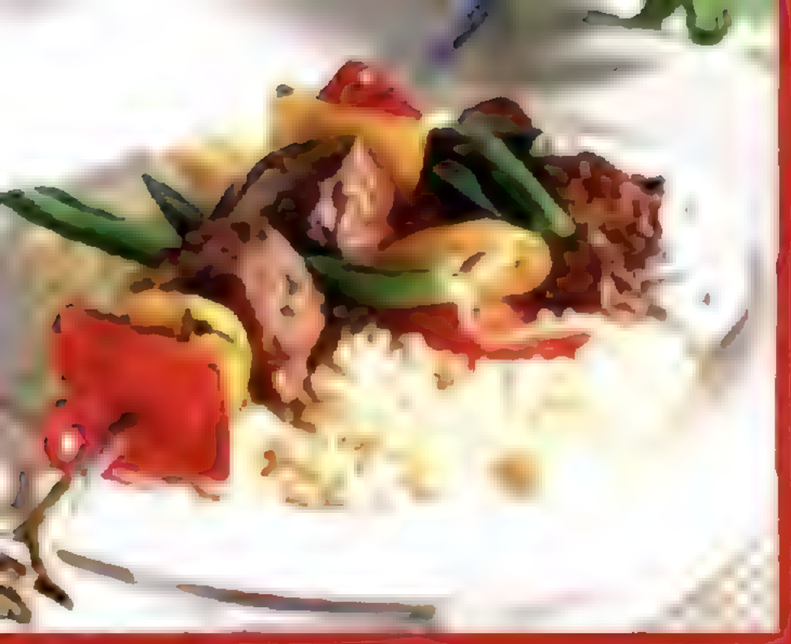

Malaysian Recipes

SteamedCrab

Ingredients

1kg crab, cleaned and halve

Grounded Ingredients:

2 lemon grass (serai)
1" galangal(lengkuas)
3 nips garlic
1" ginger

For the sauce:

1 tbsp light soya sauce
3 tbsp thick soya sauce
2 tbsp oyster sauce
1 tbsp sweet plum sauce(optional)
a few drops sesame oil
1-1/2 tsp corn flour + 1 cup water
salt to taste
2 tsp sugar

Method

For Garnishing:

Place the crab on a metal pan ready to steam. Combine the pounded ingredients and the sauces together in a different bowl. Stir mixture to get a smooth sauce. Pour the sauce on the crab. Place the metal pan over rapid boiling water. Wipe off the cover before closing. Steam for 35-40 min.

Garnish with red chillies and spring onions. Serve hot with rice.

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CucurUdang

Ingredients

120 gms self-raising flour
a pinch of baking powder
1/2 tsp salt
1 egg, beaten with a fork
150ml water
100gm shelled prawns
50gm beansprouts
chopped: 1 large onions,
2 stalks spring onions

For the chilli sauce:

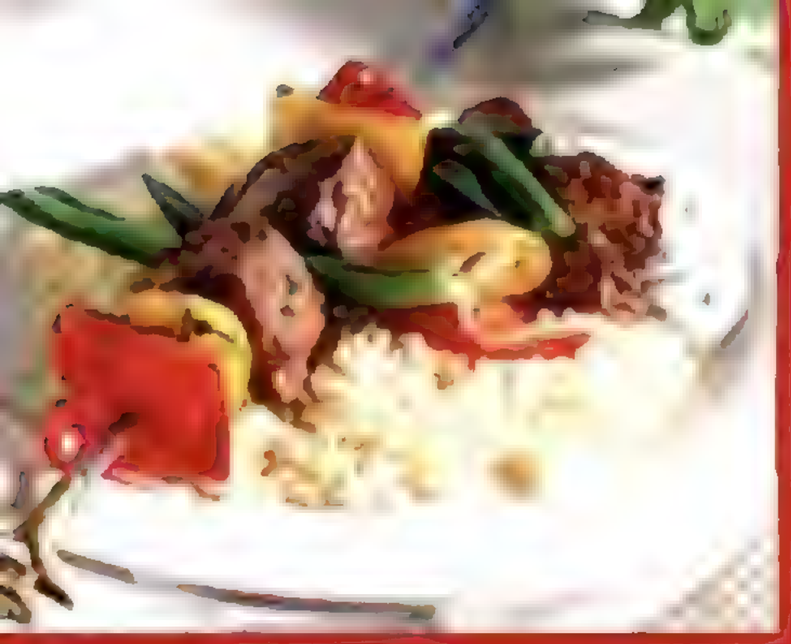
4 fresh red chillies
1 shallots
1 nip garlic
1-1/2" ginger
2 tbsp tomato sauce
sugar and salt to taste
2 tbsp white or artificial vinegar

Method

il for 1 min .Remove the ladle and put in about 11/2tbsp of batter mixture to fill ladle.

Press in a prawn in the center. Deep fry until the cake turns golden .Loosen the cake from the ladle with a small knife.

Drop the cake into hot oil again and cook until it turns golden brown .Drain in absorbent paper,serve with chilli sauce.



Malaysian Recipes

SimplePrawnSambal

Ingredients

1/2 kg prawns (semi large)

salt and sugar to taste

1 tbsp tamarind juice

Ingredients to pound:

5 dried chillies (soak in water)

4 fresh red chillies

1" fresh turmeric (kunyit basah)

1/2" shrimp paste (belacan)

10 shallots/or more

Method

Saute the pounded ingredients in low fire until fragrant.

Add in prawns and combine with the sauce.

Add in tamarind juice, salt and sugar to taste.

Cook until prawns are done.

Garnish with chopped coriander leaves or spring onions .

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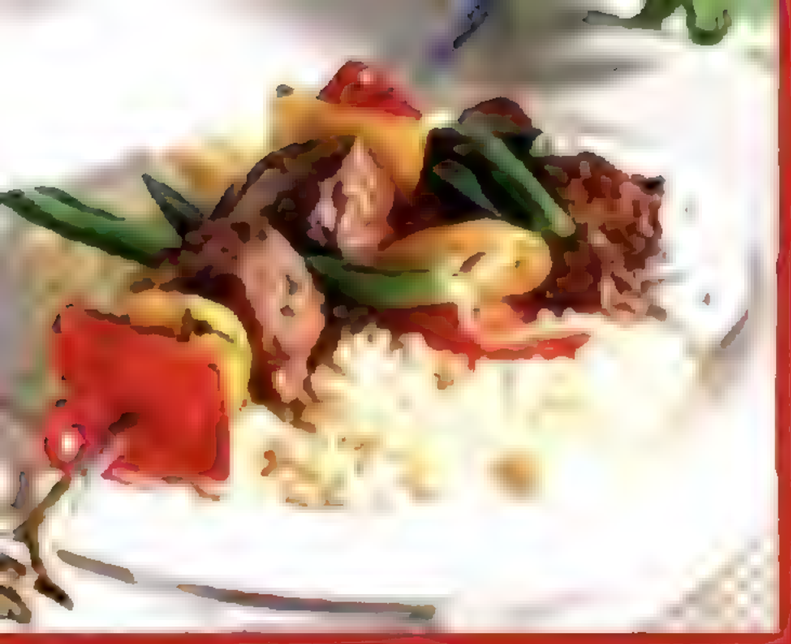

Malaysian Recipes

CrabRendang

Ingredients

4 large crabs(halve)

2 cups thick coconut milk

salt to taste

Ingredients to be pounded:

10 or more dried red chillies(soak in water)

3 lemon grass (use the white part only)(serai)

1/2 in fresh turmeric(kunyit basah)

5 nips garlic

1-1/2 " ginger

4 large bombay onions or 15 shallots

2cm galangal(lengkuas)

1/2 tsp cumin seeds

Method

Heat oil in wok

Stir fry the pounded ingredients until fragrant

Add in the coconut milk and let it simmer gently.

Half way, add in the crabs and cook until required thickness or dried.

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Malaysian Recipes

FishinHotCoconutmilk

Ingredients

oil for deep frying

500g spanish mackeral(tenggiri)

turmeric powder and salt -rub over the fish both side

1-2 tsp chilli powder

3 small chopped tomatoes

11/2 cup coconut milk

1/2 tsp sugar

1-1/2 tsp salt

To Be Grind/Pounded:

2 cm ginger

1/2 in belacan (shrimp paste)

10 shallots

2 cloves garlic

1 fresh red chilli

1in fresh turmeric

Method

Cut fish and season with salt and turmeric powder and fry fish to a golden brown.

Remove and drain oil thoroughly and arrange on a serving plate.

Fry the pounded ingredients in low flame.

Once the smell arise, add in tomatoes, chilli powder, salt, sugar and coconut milk.

Bring almost to the boil and simmer until the sauce is thick and fragrant.

Pour over fish and serve.

Garnish with choppes spring onions or coriander leaves if desired.

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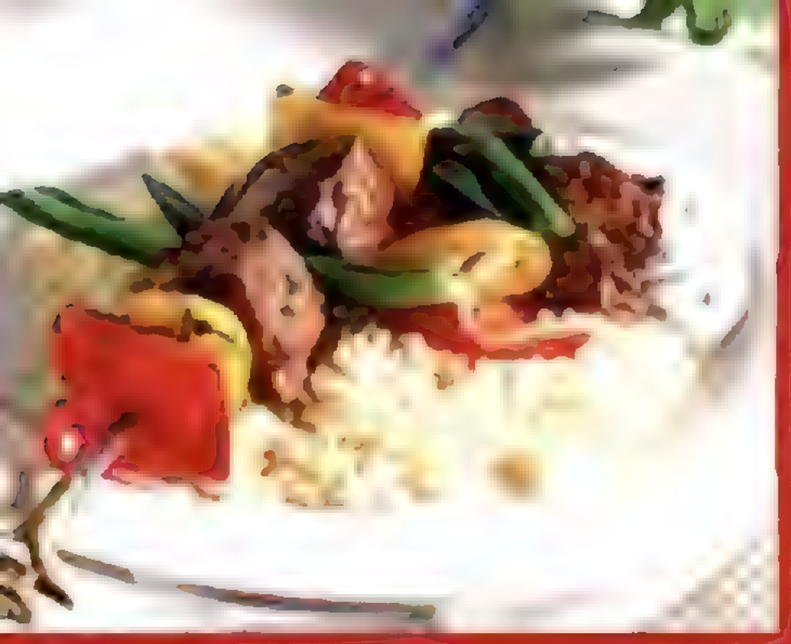

Malaysian Recipes

PandanSesameCake

Ingredients

2 bowl plain flour

1 bowl castor sugar

4 eggs

11/2 bowl coconut milk (one coconut)

1/2 tsp baking powder

3 screwpine leaves

green food colouring

For topping:

2 tbsp sugar

1/2 bowl water

2 tbsp toasted sesame seed

Method

Sieve flour together with baking powder.

Beat eggs and sugar until light and fluffy.

Extract juice from the screwpine leaves adding a bit of water.

Fold in the flour and coconut milk alternatively into the egg mixture until bell blended.

Add in the screwpine juice and food colouring.

Use chiffon size cake pan, greasing the pan with butter.

Bake in the oven at 200° C for 35-40 minutes or until the cake is done.

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Malaysian Recipes

NasiGorengKampung

Ingredients

1 bowl cooked rice (long grain rice)

1/2 cup boneless chicken

1/2 cup fried anchovies

salt & sugar to taste

For Garnishing:

shredded cucumber

fried crisp shallots

chopped spring onions

For the sambal-grind into a paste:

5 dried chillies (soak in water)

2 cloves garlic

1/2 - 1 in belacan (shrimp paste)

6 shallots

1/2 in fresh turmeric

enough oil to saute the sambal

Method

Heat up enough oil in low flame, add in the sambal paste and saute until oil surface.

Dish out in a bowl.

In a wok add 2 tbsp oil, add boneless chicken and stir fry add in cooked rice, stir-fry until the oil coats the rice nicely.

Add the sambal, salt, sprinkle some water and stir the rice nicely. Close the fire.

Add in the anchovies and mix.

Dish into a plate and garnish with cucumber, crisp shallots and spring onions.

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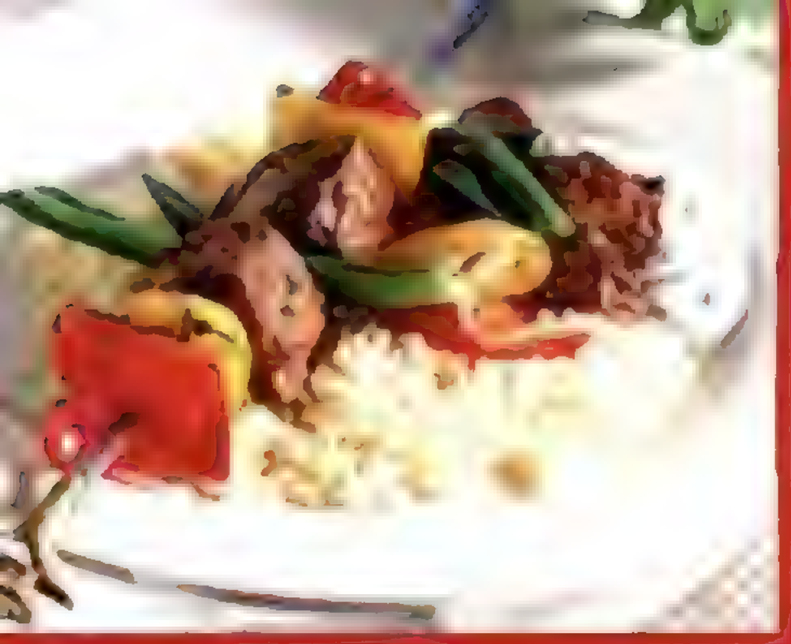

Malaysian Recipes

LaksaLemakNyonya

Ingredients

500 gm yellow noodles/vermicelli/spaghetti

1 inch galangal(lengkuas)

2 stalks lemon grass (crushed)

1/2" turmeric root

10 nos shallots

2 tbsp coriander seed

5 dried chillies

2-3 cup light coconut milk

10 nos tofu puffs (tofu pok)

2 sprigs curry leaves

salt & sugar

oil

For Garnishing:

2 fried firm tofu (sliced thinly)

10 fish balls/chicken balls

1 pc fish cake (sliced thinly)

20 gm bean sprouts

5 boiled egg (halved)

2 tbsp fried shallots

1 cup shredded cucumber

chopped spring onions

Method

Grind into a paste the galangal, turmeric root, shallots, dried chillies and coriander seeds.

Saute the paste with enough oil.

Once the aroma rise add in the light coconut milk, lemon grass, salt and sugar.

Lower the flame and simmer for 5-10 minutes.

Finally add in the tofu puffs and curry leaves.

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Malaysian Recipes

Nyonya Fried Chicken

Ingredients

To grind into a paste and marinate:

2 lemon grass

10 shallots

3 sprig of curry leaves

1 tbsp chilli powder

1 tbsp chicken curry powder

11/2 in ginger

5 -6 garlic

1 tsp turmeric powder

1 chicken (cut into 8 or 16 pieces)

1 tbsp thick soya sauce

1/2 tbsp chicken granules

1 tbsp corn flour

3/4 tsp salt

1/2 tsp sugar

Method

Grind the above ingredients into fine paste including the powders.

Mix with the chicken pieces,adding the soya sauce, chicken granules, salt and sugar.

Marinate the chicken for 4 hours.

Before deep frying the chicken add in the cornflour into the chicken and mix to get a crunchy chicken piece.

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Malaysian Recipes

EggSambal

Ingredients

6 boiled small eggs

2 tbsp tomato sauce

1 tbsp chilli sauce

salt & sugar

1-2 tbsp tamarind juice

For the Sambal/Grind:

10 dried chillies

5 garlic

1' shrimp paste (belacan)

10 shallots or 2 large onions

Method

In low fire add in the eggs and fry gently.

Dish out once all the sides are fried.

For the sambal (use the same oil, add more if required)

Saute the grinded ingredients until oil surface

Add in the sauces, salt and sugar, tamarind juice and close the fire.

Add in the fried eggs and well coat the eggs with the sambal.

The gravy is a dried version.

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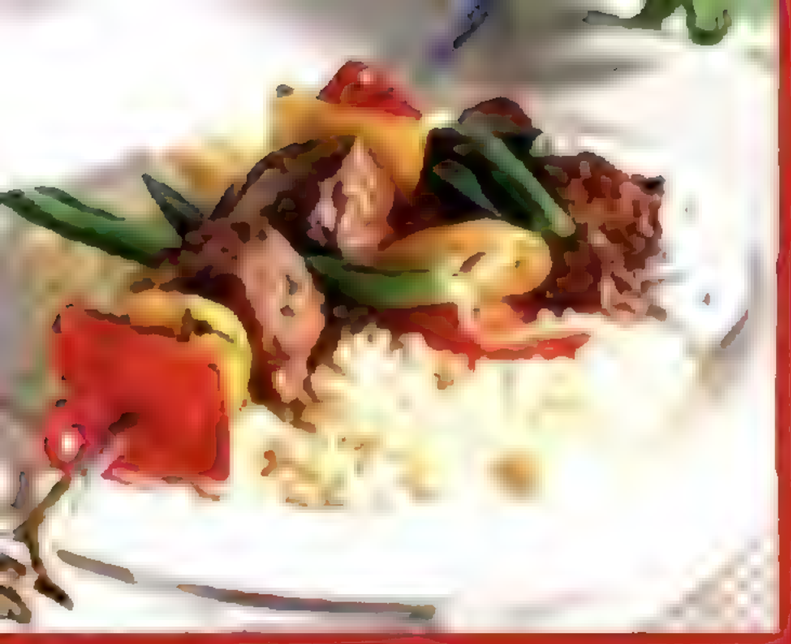

Malaysian Recipes

Onde-Onde

Ingredients

1 cup coconut milk

1 screwpine leave or 1/2 tsp pandan paste

1 tsp sugar

green colouring

1/2 cup block brown sugar (gula melaka)(chopped up)

For coating:

1 cup fresh grated coconut (the white part only)

a pinch of salt

Method

Extract coconut milk using a blender. Add in the screwpine leave and blend together. Sieve it. Leave aside. Mix grated coconut with salt. Leave aside.

Mix sugar and colouring into the coconut milk. In a bowl add in the rice flour, add bit by bit the coconut milk and make into a dough.

Boil some water in a bowl. Leave it to boil first. Take a marble size or bigger the dough. Flatten it in your palm add a bit of chopped brown sugar as filling and cover and roll into a small ball size.

Immediately put it into boiling water. Do the same way with the rest of the dough. Cooked balls will float up in the water. Dish out and roll it in the grated coconut.

Leave it to cool before serving. (try using rose essence if you can't get screwpine leaves)

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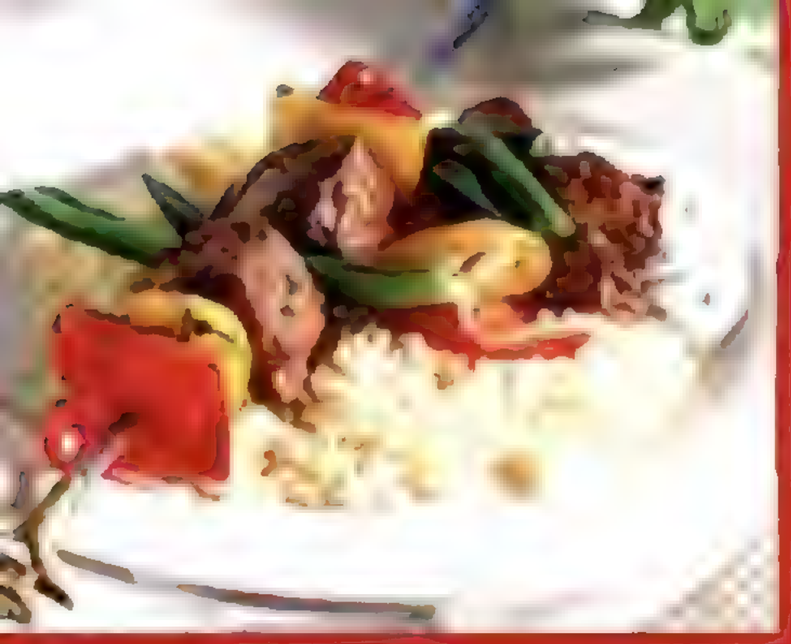

Malaysian Recipes

AnchoviesSambal

Ingredients

3/4 cup of cleaned anchovies

2 tbsp of tamarind juice

1/4 tbsp sugar

1/2 tsp salt

1/2 tsp turmeric powder

Grind into a paste:

10 dried chillies (soak in lukewarm water)

4 garlic

7 -10 shallots/2 onions

1" shrimp paste (belacan)

Method

Heat oil and stir fry the grind paste until oil surface in low fire.

Add in the sugar, salt, turmeric powder and tamarind juice, stir until the colour turn blood red

Add in the anchovies and cook until anchovies are cooked.

Serve with Nasi Lemak.

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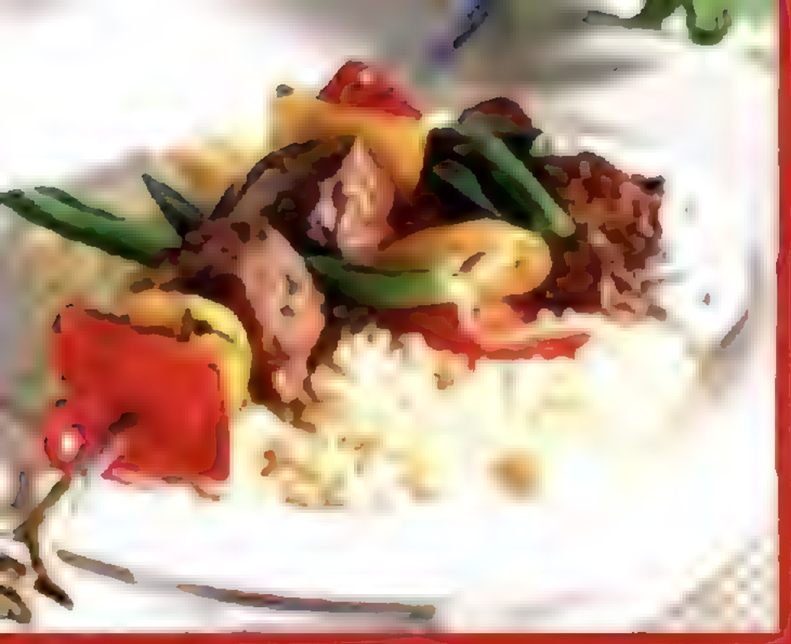

Malaysian Recipes

NasiLemak

Ingredients

500 gm long grain rice (wash and soak in water for 15 minutes then drain it)

700 ml coconut milk

1" ginger (sliced thinly)

1 tsp salt

2 screwpine leaves (knotted)

Method

Combine the rice, coconut milk, ginger, salt and screwpine leaves in a rice cooker.

Once the rice is cooked stir it with a fork.

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Malaysian Recipes

ChickenRendang

Ingredients

1 kg chicken (clean and cut into 12 pieces)

2-3 cups coconut milk (extracted from 1/2 grated coconut. the easy way to extract coconut milk is to use a blender, mix a bit of hot water for better result)

To grind in a paste:

10-15 dried chillies (soaked till plump)

6 large bombay onions

10 cloves garlic, peeled

2 cm galangal (lengkuas)

2 cm turmeric root (optional)

2 cm ginger

4 lemon grass

1/2 cup oil

salt to taste

Method

Heat oil in a large wok and add in the grounded ingredients.

Cook for 10-15 minutes over medium heat until fragrant and oil starts to surface.

Add the chicken and mix throughly.

Cook for 2 minutes. Add in the coconut milk, salt and sugar and leave to simmer until oil starts to surface for at least 30-40 minutes over low flame.

Serve hot

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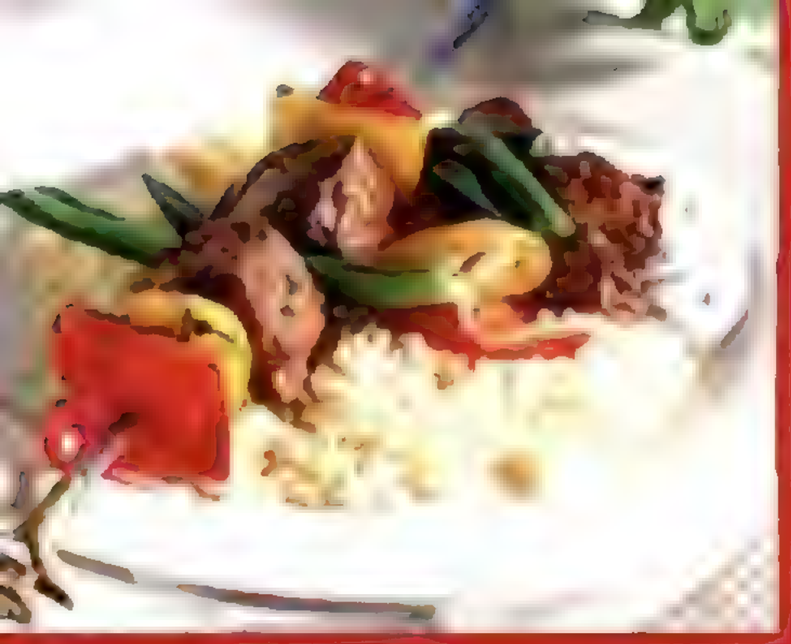

Malaysian Recipes

Onde-OndeBall

Ingredients

8-10 pandan leaves (screwpine, cut into 2cm lengths or substitute with a few drops of green coulouring)

200 g glutinous rice flour (sifted)

1 pinch salt

1/2 cup hot water

1/4 grated coconut, mixed with

1 pinch salt (place in a bowl)

Filling :

60 g palm sugar (cut into small cube, 3mm)

1 tablespoon soft brown sugar

Method

Pound pandan leaves, add a little water and pound. Strain using a sieve to obtain thick green colour juice and put aside. Put sifted glutinous rice flour and pinch of salt in a mixing bowl. Pour in hot water and pandan juice, stir well to form a smooth dough. If dough is too stiff, add a little water; if it is too wet, add a little glutinous flour. Divide dough into 20 small pieces and form lime-size balls. Flatten each piece on your palm.

Put a cube of palm sugar and brown sugar in the centre, wrap it up (more brown sugar is nicer). You have to wrap up carefully so the filling won't leak when bring to boil. Drop the onde-onde into boiling water. When the balls are cooked they will float.

Scoop up the onde-onde with a perforated ladle and put into the bowl with grated coconut. Pick it up, put on plate and serve.

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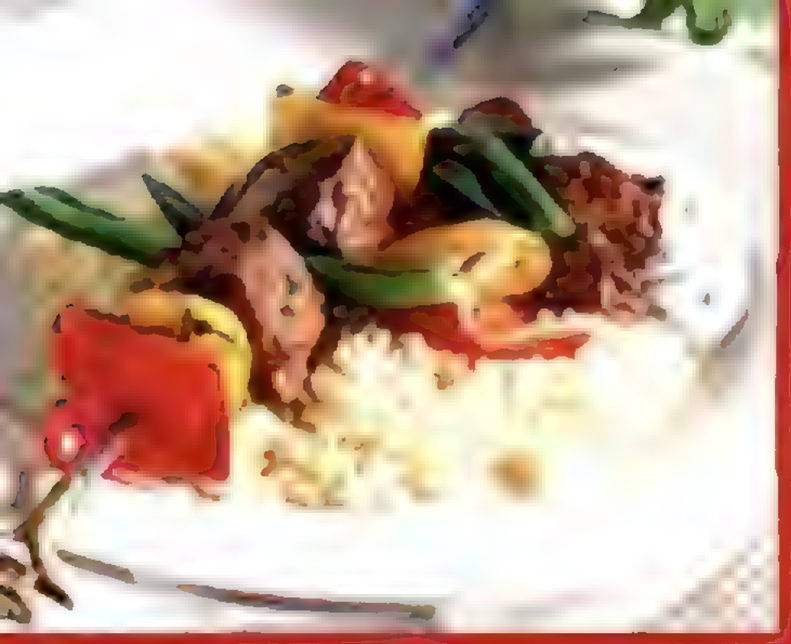

Malaysian Recipes

MalayStyleCurryPuff

Ingredients

For water dough :

200 g plain flour

100 ml water, mixed with

1/4 teaspoon salt

1 tablespoon shortening or margarine

for oil dough

100 g plain flour

75 g margarine or shortening

light soy sauce, to taste

1 dash pepper

For filling :

220 g potatoes (cubed)

100 g big onions (cubed)

2 tablespoons curry powder

1 tablespoon fried chili paste

1 sprig curry leaves (optional)

1 tablespoon oyster sauce

salt, to taste

sugar, to taste

Method

To make WATER DOUGH, place flour in a mixing bowl. Rub in shortening and add in the water. Knead into a smooth dough and leave aside to rest for 10 minutes. Divide into 12 equal portions. To make OIL DOUGH, rub shortening or margarine into the flour to form an oily dough. Divide into 12 equal portions. To make FILLING, heat pan with 3 tbsp oil. Fry all the ingredients till fragrant.

Add water and fry till dry. Add water again and fry till dry and potato become soft. Cover the pan once in a while so that the potato will be cooked faster. Leave to cool. Next wrap oil dough inside water dough. Flatten the dough using a rolling pin to shape a thin circle. Add filling and seal the sides. Pinch the edges to form a scallop design or any design Deep fry puffs in medium hot oil.

Note:

U can make the filling a bit more saltier because when u eat it with the puff it will make the filling taste blander.

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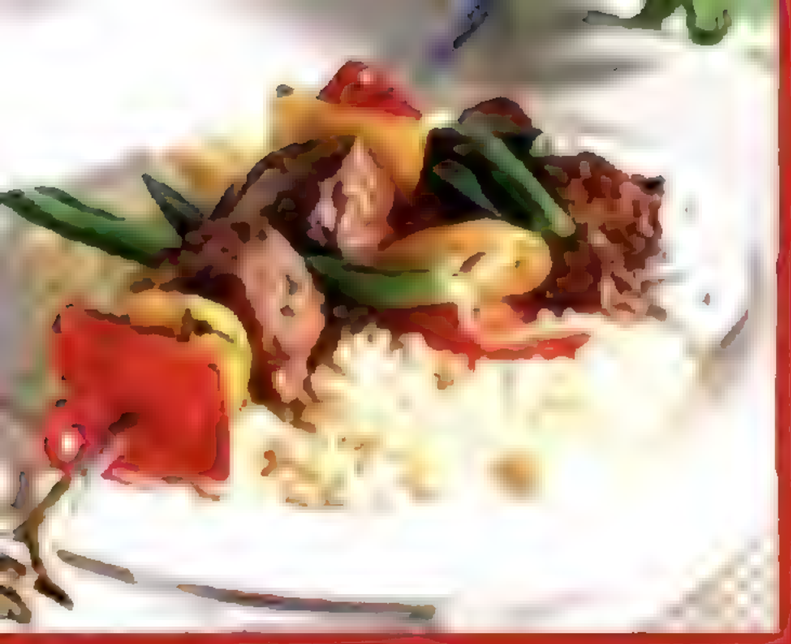

Malaysian Recipes

MangosteenSorbet

Ingredients

2/3 cup mangosteen, chopped

2/3 cup dry champagne

1 egg white

50 g sugar

6 slices limes

Method

Peel the fruit, chop or diece the flesh and then push through a fine sieve.

Stir the champagne into the puree.

Whip up the egg white until thick and then add the sugar and re-beat.

Fold the eggwhite mixture into the fruit puree. Freeze.

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Malaysian Recipes

FishExotica

Ingredients

4 dory fish fillets or tilapia fillets or any other fish fillets

4 fresh red chilies, finely chopped

8 lemongrass, finely chopped

150 g fresh ginger, finely chopped

1 cup fresh coriander leaves, finely chopped

2 teaspoons sugar

4 tablespoons hoisin sauce

3 tablespoons olive oil

2 limes

Method

Get the steamer ready for the fish fillet. Bring water to boil.

Add Oil to wok, fry the lemongrass, ginger and red chilli, till fragrant.

Add in the Hoisin sauce, then the sugar.

Once bring to boil, pour over the fish fillet and place in the steamer for 8 minutes.

Squeeze the lime juice, sprinkle onto the fish fillet, decorate with corriander leaves.

Ready to serve. Serve with White Rice. Serve with other dishes.

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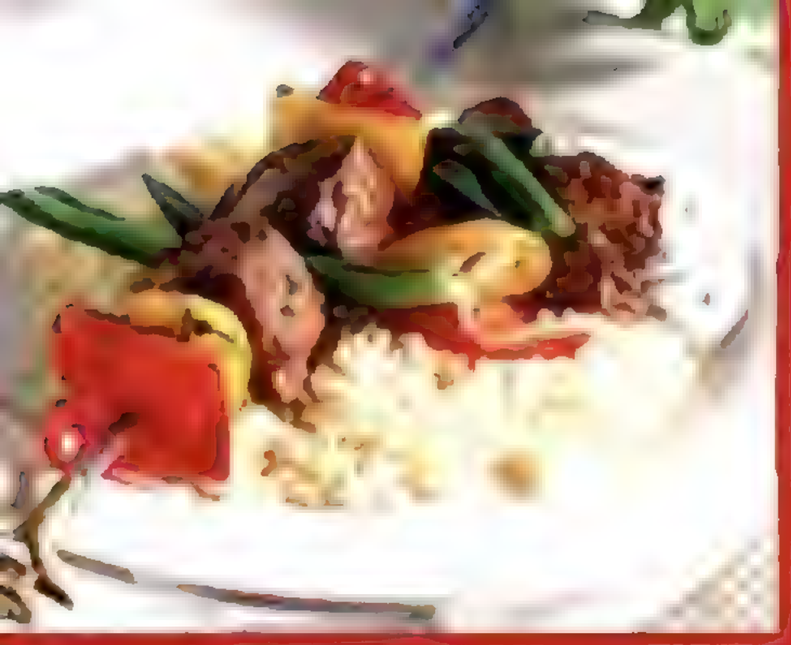

Rojak Sauce

Ingredients

1 tablespoon finely chopped hot chili peppers

1 tablespoon tamarind paste

1 tablespoon shrimp paste

1 tablespoon oyster sauce

3 tablespoons brown sugar

1/3 cup water

Method

Place all the ingredients in a small saucepan and mix well, then cook over a low heat until the sugar dissolves and sauce becomes slightly thick.

Cool. Then add to salad ingredients and mix well.

Malaysian Recipes

HokkienMee

Ingredients

600 g hokkien noodles

2 eggs, beaten

1 tablespoon water

60 ml vegetable oil

2 tablespoons grated fresh ginger

4 cloves garlic, crushed

80 ml ketjap manis

60 ml oyster sauce

4 small fresh red chilies, seeded,sliced

2 teaspoons sugar

200 g red capsicums, seeded,sliced

150 g green capsicum, seeded,sliced

4 green onions, sliced

100 g shredded chinese cabbage

400 g chinese barbecue pork, sliced

Method

Rinse noodles under hot water; drain. Transfer to a large bowl, separate with a fork (being careful not to break them).

Heat a large oiled non-stick pan; pour in half the combined eggs and water. Swirl pan to make a thin omelette; cook until just set.

Transfer omelette to board, roll tightly, cut into thin strips. Repeat with remaining egg mixture. Heat 1 tablespoon of the oil in a wok or large pan; stir-fry ginger, garlic, chilli and sugar until fragrant.

Add vegetables; stir-fry until cabbage is just wilted. Remove vegetables from pan. Heat remaining oil in same pan; stir-fry noodles 2 minutes.

Add vegetables, pork and combined sauces; stir-fry until heated through. Serve sprinklered with omelette strips.

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Malaysian Recipes

BeefandChickensatay

Ingredients

2 cloves garlic, minced

2 teaspoons turmeric

1 teaspoon ground coriander

1/2 teaspoon cumin

1 tablespoon sugar

1 tablespoon fish sauce

1 pinch salt

1/4 cup vegetable oil

1 1/4 lbs lean beef or chickens or lamb or pork, sliced thinly into strips

Method

Soak a package of small bamboo skewers in water for 2-3 hours. Prepare all ingredients and have at hand.

Combine the seasoning ingredients in a medium size bowl and mix well. Mix the meat with the seasoning and marinate at room temperature for one hour or refigerate overnight.

Preheat a grill or broiler. Thread the marinated meat onto the skewers. Cook the satays over a hot fire or broil them in the oven for 3 to 5 minutes per side, or until done.

Do not leave them un attended! .Serve immediately on a garnished plate. The besxt flavor is from grilling, but you can broil skewers in the oven too.

Use a cookie sheet lined with aluminum foil and cake rack to keep the skewers off the foil, otherwise they will simmer in their own joices, becoming tough and dry.

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Malaysian Recipes

SingaporeBurgers

Ingredients

12 ounces fresh mushrooms, sliced

1 tablespoon peanut oil

1 tablespoon hot sesame oil

1 tablespoon dark sesame oil

1 lb ground chuck

2 eggs, beaten

4 pieces red leaf lettuce

1/4 cup peanut satay sauce (optional)

4 scallions, chopped

2 tablespoons soy sauce

2 tablespoons ground ginger

1 tablespoon cornstarch

2-3 tablespoons chopped cilantro

1/2 teaspoon cayenne pepper

4 sandwich buns or kaiser rolls,

(split and toasted)

Method

Heat oils in a skillet. Add mushrooms and cook 5-8 minutes or until tender.

Prepare grill, remembering to oil grate (can also cook burgers on griddle or under the broiler).

Mix together ground beef, beaten eggs, chopped scallions, soy sauce, ginger, cornstarch, cilantro, and cayenne (may omit if you don't like it spicy).

Form burgers into 4 equal size patties and place on waxed paper until ready to cook.

Cook burgers about 15 minutes or until cooked through to your liking, flipping them over once, but do not press burgers while cooking.

Toast buns. Serve burgers on toasted buns with sauteed mushrooms, lettuce, and a little bit of peanut sauce (if desired). Use a cookie sheet lined with aluminum foil and cake rack to keep the skewers off the foil, otherwise they will simmer in their own joices, becoming tough and dry.

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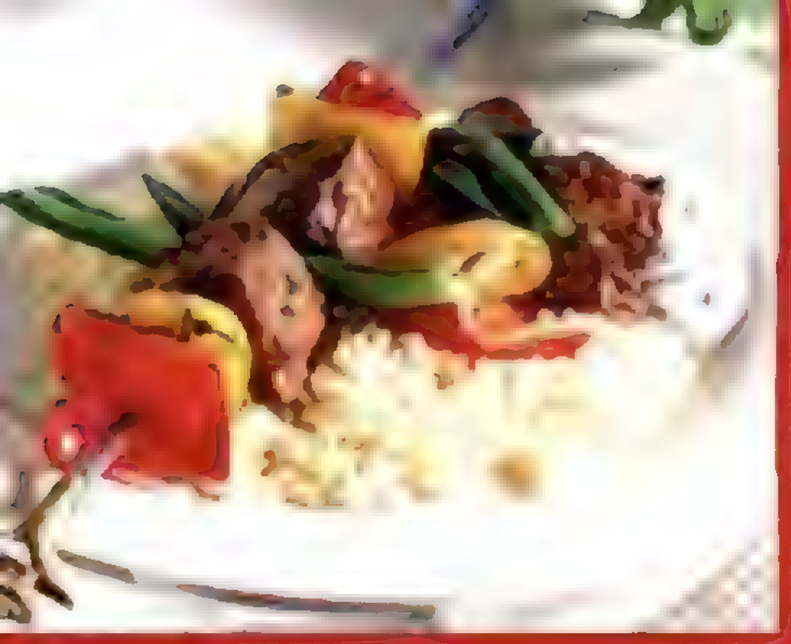

Malaysian Recipes

Chendol(jenDol)

Ingredients

10 screwpine leaves

2-3 drops green food coloring

1/2 cup green pea flour (hoon kway)

5 tablespoons palm sugar

1 tablespoon granulated sugar

4 1/2 cups water

1 coconut, grated

salt

Method

Pound screwpine leaves to extract the juice. Add sufficient water to the juice with green food coloring to make 2 cups. Mix green pea flour with the juice. Cook this mixture over medium heat stirring continuously until it bubbles. Place chendol frame (I have no idea what this even looks like, but should be a sieve with large holes) over a basin of cold water and ice cubes. Spoon the cooked screwpine mixture onto the chendol frame and with a spatula, press through the holes into the cold water.

Drain off the water and chill the chendol. Boil the palm sugar and granulated sugar with 1/2 cup water to get syrup. Strain and cool the syrup. Add the remaining water to the grated coconut and extract coconut milk. Add a good pinch of salt to the coconut milk. To serve, place 1 tablespoon chendol into a small serving bowl, then add 1 tablespoon syrup and 1/4 cup coconut milk. Top the bowl with ice shavings and serve immediately.

Note:

If pure green pea flour is used, mix 2 1/2 cups of screwpine juice to 1/2 cup green pea flour.

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Malaysian Recipes

LambRendang

Ingredients

3 tablespoons olive oil

1 large onions, chopped

1 teaspoon dried red pepper flakes

1 tablespoon crushed ginger

6 cloves garlic, crushed

2 lbs lamb, cut in 3/4 inch cubes

2 teaspoons dried lemon grass or 3 stalks fresh lemongrass, with ends crushed

2 cups water

3 cups coconut milk, divided

1 teaspoon sugar

salt

Method

Fry onion, red pepper flakes, ginger root and garlic in 3 Tbsp oil. When golden brown, add meat, lemon grass, water, and 1 1/2 cups coconut milk.

Bring to a boil. When meat is almost cooked, add sugar and remaining coconut milk. Return to a boil. Lower heat and allow to simmer until very tender, about 1 1/2 hours.

When done, meat will be very tender and much of the liquid should have evaporated giving the dish a stew-like quality.

Add salt to taste and serve with rice.flour.

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Malaysian Recipes

MalaysianChickenCurry

Ingredients

3 skinless chicken thighs
1 cup frozen mixed vegetables
1 tablespoon ginger, minced
1 tablespoon garlic, minced
1 tablespoon onions, minced
2 tablespoons curry powder
2 tablespoons chili paste
2 red chili, chopped
1/2 cup coconut milk
2 tablespoons curry leaves, chopped

3 skinless chicken thighs
1 cup frozen mixed vegetables
1 tablespoon ginger, minced
1 tablespoon garlic, minced
1 tablespoon onions, minced
2 tablespoons curry powder
2 tablespoons chili paste
2 red chili, chopped
1/2 cup coconut milk
2 tablespoons curry leaves, chopped

Method

Heat olive oil in a medium saucepan. Once hot, turn heat down to medium hot and saute onion, garlic, chopped chilli, ginger for 2 minutes. Stir in curry powder, mix well for another minute. Stir in chilli paste, stir fry until well-combined. Add curry leaves and lemongrass, stir fry until fragrant (about 2 minutes). Add about 1 cup of water and coconut milk. Simmer for 2 minutes. Add the chicken pieces and let cook over low heat for approximately 20 minutes, adding more water if you find it too dry. In the meantime, dry fry the dessicated coconut with turmeric, ground ginger, garlic powder, chilli flakes, salt and pepper until lightly browned (you can also toast it in the oven at 300°F for 5-10mins but you have to watch it VERY carefully as it burns quickly; you may need to stir once or twice). Add the evaporated milk to the curry, stir well. Add the vegetables and simmer for another 10 minutes.

You may add some salt and pepper if desired (i usually add a good dash of black pepper). Finally, stir in the dessicated coconut (the mixture should be quite thick). Serve over hot coconut rice (nasi lemak), garnished with sliced cucumber. Add salt to taste and serve with rice.

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Malaysian Recipes

SpicedPumpkin

Ingredients

1 tablespoon vegetable oil
50 g red lentils
1 teaspoon black mustard seeds
6 dried curry leaves
2 cloves garlic, crushed
2 teaspoons ground coriander
1 teaspoon ground cumin
1/2 teaspoon ground turmeric
4 spring onions, chopped
600 g peeled and chooped butternut pumpkin
500 ml water
15 g shredded coconut

Method

Heat ghee in pan and add lentils, seeds an1 teaspoon ground cumin

1/2 teaspoon ground turmeric

4 spring onions, chopped

600 g peeled and chooped butternut pumpkin

500 ml water

15 g shredded coconut d curry leaves and cook stirring until lentils are browned and seeds pop.

Add garlic, spices and spring onions, cook stirring until spices become nice and fragrant.

Add pumpkin and water and simmer covered 10 minutes.

Add coconut milk, cook uncovered for about 5 minutes and the pumpkin is tender.

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Malaysian Recipes

Spicy Stir-Fried Rice Noodle

Ingredients

100 g rice noodles or vermicelli
2 cups chinese cabbage
1 cup bean sprouts
3 pieces shiitake mushrooms (about 1 cup)
2 cloves minced garlic
1 small red onions, chopped
1/4 cup dried shrimps
1/2 cup anchovies
2 small eggs
1 tablespoon curry powder
1 tablespoon shrimp paste
1 tablespoon oyster sauce
soy sauce, to taste
black pepper, to taste
salt, to taste
chili flakes, to taste
3 tablespoons olive oil

Method

Soak noodles in cold water for 1/2 hour or warm water for 15mins, then drain. Beat eggs with fork in a small bowl, with a pinch of salt and black pepper. Spray non-stick frying pan with cooking spray and fry beaten eggs. Remove and slice egg into strips. Heat canola oil in non-stick frying pan.

Once hot, fry anchovies until golden brown and fragrant. Remove and use kitchen paper towel to soak up excess oil from anchovies. Still using the remaining oil, saute garlic, onions and dried shrimps for approx 2 minutes over medium heat, until fragrant.

Add cabbage, sprouts and mushrooms, saute for 1-2 minutes (until half-cooked). Add curry powder, belacan powder, black pepper, oyster sauce, chilli flakes, continue to stir fry. Add pre-soaked noodle and stir-fry until noodles are cooked. Add soy sauce (i use about 1 tablespoon), stir-fry until sauce is well-incorporated in noodles (you may want to taste noodles before adding too much soy sauce). Top with crispy anchovies and sliced egg-strips before serving.

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Malaysian Recipes

Spicy Chilli

Ingredients

400 g fresh birds eye chilis, blend

200 g shallots, blend

100 g garlic, blend

2 teaspoons dried shrimp paste, blend (fish sauce sub)

50 ml lime juice

50 g sugar

salt and pepper (to taste)

soy sauce (optional)

Method

Remove seed from chilli to tone down the spiciness. Blend all ingredient.

Add salt and pepper to taste. Do add additonal sugar and lime juice before serving if you like it les spicy.

Keep in bottle- chill if possible.

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